

Minnesota Health Action Group

Doing Together What None of Us Can Do Alone

Fact Sheet: **National Diabetes Prevention Program (NDPP)** ***Employers Can Help Stop Diabetes in its Tracks***

About the NDPP

- This year-long, cost-effective, evidence-based program, led by the [Centers for Disease Control and Prevention \(CDC\)](#), helps participants with prediabetes make real lifestyle changes such as eating healthier, including physical activity in their daily lives, and improving problem-solving and coping skills.
- Participants meet with a trained lifestyle coach and a small group of people who are making lifestyle changes to prevent diabetes. Sessions are weekly for six months and then monthly for six months.
- This proven program can help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58 percent.
- [Over 30](#) Minnesota health systems, fitness centers, faith-based communities, and community centers offer CDC-recognized diabetes prevention programs.

About Prediabetes

- Prediabetes is when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with prediabetes are at great risk of developing type 2 diabetes, a leading cause of disability and death in the U.S.
- About 90 percent of adults with prediabetes don't know they have it.
- As many as 35 percent of Minnesota adults have prediabetes, which translates to 1.4 million people.
- Without weight loss and moderate physical activity, up to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

Why Employers and Community Leaders Should Care

- Diabetes has serious health, quality of life, and cost consequences to employees, employers, families and communities.
- Nationwide implementation of NDPP could save the U.S. health care system \$5.7 billion and prevent about 885,000 future cases of type 2 diabetes that can lead to health problems including heart attack, stroke, blindness, kidney failure, and loss of toes, feet and legs.
- Diabetes costs Minnesota about \$3.1 billion annually. This includes increased costs in direct medical expenses and costs from reduced productivity, including:
 - Lost wages due to missing work.
 - Employees being less productive while at work.
 - Employees not being able to work due to diabetes-related disability.
 - Employers' and employees' loss in years of work due to early death.

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How Employers and Community Leaders Can Get Involved

- Talk to health insurance carriers about including NDPP as a covered benefit.
- Include prediabetes awareness education through internal websites, bulletin boards, newsletters, social media, and other available channels.
- Provide free diabetes screenings for employees and their spouses, perhaps offering participation incentives.
- Offer a comprehensive worksite wellness program for all employees.

For More Information:

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www.cdc.gov/diabetes/prevention

What Participants are Saying:

“I love having a lifestyle coach. She has given us great information, helped me stay on track, and stay positive! I feel better than I have in years.”

Bruce

“I’m so excited because I went to the doctor last week and all of my numbers were down. I officially no longer have prediabetes!”

Vivien

“I was hesitant about trying the program because other things haven’t worked for me. The team and coach support made all the difference!”

Carrie